

BONUS: RED FLAGS CHECKLIST

A practical, behaviour-focused checklist for noticing relationship patterns that deserve serious attention.

How to use this checklist

This is not a diagnostic tool. One difficult moment does not automatically define a relationship. Look for repeated, escalating, or serious patterns—and consider how the behaviour affects your safety, dignity, trust, freedom, and wellbeing.

Respect & Communication

- Repeatedly dismisses your feelings, opinions, or concerns.
- Regularly speaks to you with contempt, mockery, or humiliation.
- Insults you during disagreements instead of addressing the issue.
- Refuses to listen unless the conversation goes their way.
- Uses the silent treatment or withdrawal to punish you for ordinary disagreements.

Trust & Honesty

- Frequently lies about important matters.
- Hides information that directly affects the relationship.
- Breaks agreed boundaries and expects you to simply accept it.
- Repeatedly behaves in ways that make trust difficult, then blames you for being suspicious.
- Uses secrecy to avoid accountability.

Control & Independence

- Tries to decide who you may talk to, where you may go, or what you may do.
- Pressures you to give up friends, family, work, education, or personal goals.
- Monitors your phone, messages, location, or accounts without reasonable agreement.
- Treats your independence as disloyalty.
- Expects constant access to you and becomes angry when you are unavailable.

Emotional Pressure & Manipulation

- Uses guilt to make you do things you do not want to do.
- Threatens to leave, expose, punish, or withdraw affection whenever you disagree.
- Twists conversations until you feel responsible for their behaviour.
- Repeatedly makes promises after hurting you, but does not follow through.
- Makes you feel that you must earn basic respect, affection, or consideration.

Money & Material Pressure

- Pressures you to give money, loans, passwords, or access to accounts.
- Uses money to control your choices or punish you.
- Expects financial support while avoiding agreed responsibilities.
- Pressures you into purchases, debts, investments, or commitments you are uncomfortable with.
- Interferes with your ability to work, save, study, or build financial independence.

Cheating & Relationship Boundaries

- Cheats and refuses to take responsibility for the choice.
- Blames you for their decision to be unfaithful.
- Repeatedly crosses relationship boundaries after you have clearly communicated them.
- Pressures you to accept arrangements you did not freely agree to.
- Uses jealousy or accusations to distract from their own boundary violations.

Pressure & Consent

- Continues pressuring you after you have said no.
- Treats hesitation as something to overcome rather than something to respect.
- Uses guilt, anger, threats, or repeated requests to get agreement.
- Acts as though being in a relationship means they are entitled to your time, body, money, or private information.

Safety & Escalation

- Behaviour becomes more intimidating, threatening, or controlling over time.
- You find yourself changing ordinary behaviour mainly to avoid their reaction.
- They use threats, intimidation, or aggression to make you comply.
- You feel increasingly isolated from people who care about you.
- You regularly feel afraid of what may happen if you disagree or set a boundary.

Important reflection

If several items describe a repeated pattern, do not focus only on promises to change. Pay attention to consistent behaviour over time. If you feel unsafe, prioritize getting support from a trusted adult or appropriate local support service rather than confronting someone in a way that could increase your risk.

This checklist is designed to help you notice patterns—not to label or diagnose another person.